



new!

ULTIMATE FITNESS STROLLER CLUB



Moms, bring your baby and stroller to join other moms in an energizing outdoor work out. Be prepared for lots of **cardio training** along with intervals of **strengthening & toning** using bands and body weight – all this while **socializing & engaging** with your child.

Thursdays, 1:00-1:45 pm
March 8-May 24 *(No class 4/5)*
Poliakoff Pavilion at
Camp Mindy

M/\$165
B/\$72
NM/\$220

TO REGISTER:

Call 704-366-5007, or
visit the LJCC Customer Service Desk



Questions? 704-944-6891
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